



Rice Recipes Old and New
PRESENTED BY
COMET RICE

Quick Cooking COMET RICE

... with delicious natural rice flavor!

Now you can enjoy the time saving advantages of a quick cooking rice without sacrificing old time southern rice flavor. Comet Rice cooks quick, white, fluffy and tender in fourteen minutes.

Comet Rice cooks quick and has delicious flavor because Comet is milled from the more costly premium grades of rice. And Comet is milled an *extra step*. Extra milling makes the outer covering on each rice grain thinner. Cooking heat penetrates the Comet Rice grain *quickly* and thoroughly. Comet Rice cooks *quick* and *tender*.

Comet Rice is enriched with Vitamin B₁ for extra nourishment, too. In the regular rice milling process the important B vitamins are lost. Only Comet Rice restores these vitamins.



COMET'S NEW FLUFF METHOD COOKS IN 14 MINUTES

POUR

Bring to boil 2 cups cold water, 1 teaspoon salt in large saucepan.



BOIL

Add 1 cup Comet Rice. Let water return to boil. Cover tightly; lower flame to simmer and cook for 14 minutes.



SERVE

Yields 3 to 4 servings of fluffy white Comet Rice. The best tasting rice you ever served.



COMET RICE-MILLS
HOUSTON, TEXAS

RICE RECIPES OLD AND NEW

Presented by

COMET RICE

America's Leading Packaged Brand

INDEX

	Page
Preparation recipes.....	4
Breakfast recipes.....	5
Soups	8
Entrees, vegetables and meats	9
Salads	23
Southern favorites.....	24
Desserts	26
Rice uses and cooking hints.	30

Master Recipes for Preparing

Comet Rice

STEAMED RICE

Steaming is known to save nutritional values of the grain. Put one and one-half cupfuls of water into the upper part of the double boiler, (use more water if softer rice preferred), add one-half teaspoonful of salt and shake in one cupful of Comet White Rice. Cover and cook without stirring until grains are well done, having plenty of boiling water in the lower part of the double boiler. In this way, all the water will be absorbed and none of the valuable food properties will be lost. Serves 4.



BOILED RICE

To ten cups of rapidly boiling water in a large saucepan, add one teaspoon of salt. Slowly shake in one cup of Comet White Rice (or drop in Comet Rice Ball Cooker). Cook about twenty minutes or until the grains are well done. Then place rice in a colander and dash cold water through it to keep the grains separate. If cooked in a Rice Ball run cold water through before the Ball is opened. If rice is to stand before serving, leave it in the colander or Ball and place it over hot water to steam. Serves 4.



LOUISIANA METHOD

Place 1 cup of Comet White Rice, $1\frac{1}{2}$ cups cold water and 1 teaspoon salt in a heavy aluminum pot or kettle. With lid off cook for about 10 minutes or until the water boils off. Flame is then turned to lowest point and, with lid on, rice is heated 15 minutes. Serves 4.



BROWN RICE

Comet Brown Rice may be cooked the same as Comet White Rice, but the time required for cooking is nearly twice as long. See directions on package. Brown Rice is often soaked an hour in tepid water to soften the bran coats and shorten the cooking period.



COMET RICE AND CREAM

Prepare either boiled or steamed rice. Serve hot or cold with sugar and cream. Sliced peaches, bananas, or prunes may be added, if desired.



RICE WAFFLES

- 1 cup cold cooked Comet Rice
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 eggs
- 1 cup flour
- 2 teaspoons baking powder
- 4 tablespoons melted butter
- 1 cup milk

Sift dry ingredients. Add egg yolks beaten with the milk. Beat until smooth. Add rice and melted butter. Fold in stiffly beaten egg whites. Bake on hot waffle iron. Serve at once. Yield: 4 waffles.

RICE MUFFINS



- 1 cup cooked Comet Rice
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 3 teaspoons baking powder
- 1 cup milk
- 3 tablespoons melted shortening
- $1\frac{1}{2}$ cups flour
- 2 teaspoons sugar

Beat well the rice, milk, beaten eggs, shortening. Sift flour, sugar, salt and baking powder into batter. Mix only enough to combine. Bake in greased muffin pans. Yield: 12 overage size muffins. Temperature: 400 degrees F. Time: 25 minutes.

RICE OMELET

- $1\frac{1}{2}$ cups cooked flaky Comet Rice
- $\frac{1}{2}$ cup cold milk
- 1 tablespoon flour
- $\frac{1}{4}$ teaspoon salt
- 3 eggs
- 1 tablespoon fat
- 1 cup cooked fruit, meat, fish or cheese

Separate the eggs and beat the yolks thoroughly. Make a sauce with the milk, flour and salt. Heat the rice in the sauce and add to the egg yolks. Fold in the well beaten whites of the eggs. Have ready and hot a skillet containing the fat, and pour the egg mixture into the pan. Heat the omelet slowly and move the pan about so the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned lightly on the bottom and sides and set, place in a moderate oven for five to ten minutes. When the omelet is done, crease it through the center. Fold over and serve immediately. Before folding the omelet, one half of the omelet may be spread with grated cheese, jelly, creamed meat or fish, or fruit pulp. Yield: 4 servings. Temperature: Moderate. Time: 10 minutes.

RICE WITH POACHED EGGS

3 cups hot cooked Comet Rice

6 eggs

2 tablespoons butter

3 tablespoons grated cheese (optional)

Salt

Paprika

3 tablespoons bread crumbs

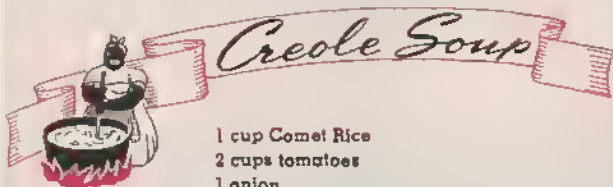
Pile the rice on a fireproof platter and with a large spoon make six indentations in it. Place a poached egg in each and sprinkle with the salt and paprika. Pour over the butter, melted. Sprinkle with the cheese, if desired. Yield: 6 servings. Temperature: Moderate. Time: 10 minutes.



RICE PANCAKES

- 1 cup warm cooked Comet Rice
- 1 cup milk
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons melted butter
- $\frac{1}{2}$ cup flour
- 2 teaspoons baking powder

Combine rice, salt, milk, butter and egg yolks. Stir in sifted flour and baking powder. Fold in stiffly beaten egg whites. Bake on hot greased griddle. Yield: 28 3-inch cakes.



- 1 cup Comet Rice
- 2 cups tomatoes
- 1 onion
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper

- 5 cups boiling water
- 2 tablespoons flour
- 1 tablespoon butter
- $\frac{1}{2}$ teaspoon celery salt

Put rice and sliced onion into boiling water. Cook until tender. Add tomatoes. Press through sieve. Brown the flour in butter and add to the rice mixture. Season with salt, pepper and celery salt. Serve hot, with croutons. Garnish with chopped parsley. Yield: 6 servings — 1 cup.



SPANISH PORK CHOPS WITH RICE

- 1 cup Comet White Rice
- 4 pork chops
- 1 onion, sliced
- 2 cups tomato juice
- 2 tablespoons minced parsley
- 2 tablespoons chopped celery



Cook rice in salted water ten minutes. Drain. Brown pork chops in frying pan, then remove and add the onion and celery to the pan and brown. Return the chops to the pan on top of the onion. Put a mound of rice on top of each chop. Pour the tomato juice around the chops and on top. Scatter the parsley over all and bake in moderate oven. Yield: 4 servings — 1 chop each. Temperature: 350 degrees F. Time: 1 hour.



RICE TAMALE PIE

- 1 cup Comet Rice
- 1 can tomato puree
- ½ cup green olives
- Salt, pepper
- 2 teaspoons chili powder
- 2 cups cooked meat or chicken minced
- 2 cups meat gravy or broth

Boil or steam rice and drain. Combine the ingredients, bake in buttered baking dish. Yield: 6 servings — 1 cup. Temperature: 350 deg. F. Time: 1 hour.



JAMBALAYA

- 1 cup cooked Comet Rice
- 1½ cups cold cooked meat, veal, lamb or chicken, sliced thinly
- ½ cup finely cut celery
- 1½ cups stewed or canned tomatoes
- 1 large onion, chopped
- 1 green pepper, chopped
- Salt and pepper to taste

Mix meat and rice thoroughly, then add remainder of ingredients. Pour mixture into oiled baking dish, cover top with fine bread crumbs, dot with butter, bake in oven 400 degrees about 50 minutes. Serves 6.

BAKED RICE AND CHEESE

- 3 cups cooked Comet Rice
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- 2 cups cheese
- Cayenne
- 2 tablespoons butter or margarine
- Crumbs

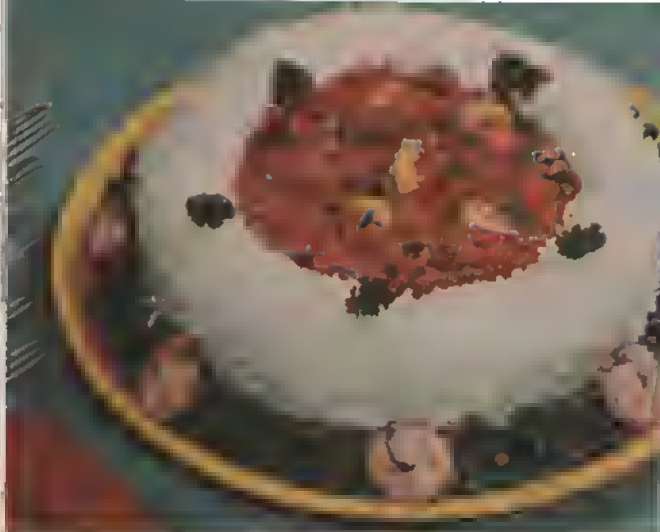
Put a layer of cooked rice in a greased baking dish, cover with a layer of grated cheese, season with salt and cayenne. Continue adding layers until the dish is almost full. Add enough milk to come half way to the top of the rice. Cover with crumbs, dot with butter and bake in a moderate oven until the crumbs brown. Yield: 6 servings — $\frac{1}{2}$ cup. Temperature: 350 degrees F. Time 30 minutes.

CHOP SUEY WITH COMET RICE

- 2 cups shredded cooked chicken or meat
- 1 cup shredded green pepper
- 2 cups shredded celery and leaves
- $1\frac{1}{2}$ cups stock
- 4 tablespoons soy sauce
- 3 tablespoons butter
- 1 cup shredded onions
- 2 cups bean sprouts (canned)
- 1 cup water chestnuts (canned)
- 1 tablespoon cornstarch

Melt the butter in the skillet. Put in the green pepper and the onion. Cook a few minutes but do not brown. Add the meat and cook five minutes. Add celery, bean sprouts, water chestnuts, and stock, reserving enough stock to make a paste with the cornstarch. Add the paste and cook gently for ten minutes, stirring well and carefully. Stir in soy sauce. May add mushrooms. Serve with hot rice. Yield: 8 servings.





SHRIMP CREOLE

- 3 cups hot cooked Come! Rice
- 2 tablespoons fat
- 2 onions, sliced
- 4 stalks celery, chopped
- 1 tablespoon flour
- 1 teaspoon salt
- 2 cups tomatoes
- 2 cups peas
- 1 tablespoon vinegar
- 1 teaspoon sugar
- 1 ½ cups cooked shrimps
- 2 teaspoons chili powder
- 1 cup water

Cook the onions and celery until brown in the fat, add flour, seasonings, and slowly add the water. Cook fifteen minutes. Add tomatoes, peas, vinegar, sugar and shrimps. Continue cooking ten minutes more or until shrimps are thoroughly heated. Mold rice either in cones or ring and surround with the Shrimp Creole. Yield: 7 servings — ¾ cup.



Quick SHRIMP CREOLE

- 3 strips bacon
- 1 clove garlic, chopped
- ½ cup green pepper, chopped
- 1 teaspoon gumbo file'
- 2 cups cooked or canned shrimp
- Salt and pepper to taste
- 1 cup chopped onion
- ½ cup celery, chopped
- 1 No. 2 can tomatoes
- 2 bay leaves
- Dash Worcestershire sauce
- Dash Tabasco sauce

Fry the bacon crisp and remove from the skillet. In the bacon drippings brown the onion, garlic, celery and green pepper. Add the tomatoes and the bay leaves. Cook for about 20 minutes until the sauce thickens. Add salt and pepper to taste. Then add the crisp bacon broken in bits and the cooked shrimp from which the black line has been removed, and cook for 10 minutes more. Add the Worcestershire, Tabasco and the file'. Stir well and serve immediately with boiled rice. Serves 4.



RICE CHEESE SOUFFLE

- 2 cups cooked Comet Rice
- 2 tablespoons flour
- ½ cup grated cheese (very sharp)
or 1 cup American cheese
- ½ cup milk, scalded
- 3 eggs
- 2 tablespoons melted butter
- Salt and cayenne

Combine butter, flour and milk. Cook over hot water until smooth and thick. Add well-beaten egg yolks and rice. Cook 5 minutes. Remove from fire. Add cheese. Mix until cheese is melted. Season with salt and cayenne. Cool. Fold in stiffly beaten egg whites. Pour into well-oiled, one quart casserole. Set in pan of warm water. Bake in moderate oven (375 degrees F.) 20 minutes, or until an inserted knife comes out clean. Serves 6.

CHINESE EGGS

- ½ cup Comet Rice
- 4 hard cooked eggs
- 1 cup grated cheese
- 2 tablespoons green peppers, chopped
- 2 tablespoons canned tomatoes
- Salt, pepper
- ¾ cup milk
- 1 teaspoon onion, chopped

Cook the rice in boiling, salted water until tender. Drain well. Season it with salt and pepper and spread on a glass baking plate or shallow baking dish. Cut the hard cooked eggs lengthwise, remove yolks, and mix them with one-fourth cup cheese, the chopped green pepper, onion, tomato pulp and seasoning to taste. Stuff the egg whites and arrange on rice. Pour around the eggs a sauce made with the remaining cheese and milk, cooked in a double boiler until cheese is melted. Place the dish in a moderate oven for twenty minutes or until it is well heated and the eggs begin to brown. Yield: 6 servings — ½ cup. Temp.: 350 deg. F. Time: 20 minutes.



RICE AND MEAT CROQUETTES

- 1 cup cooked Comet Rice
- Onion
- 1 cup left-over meat
- Green pepper
- Seasoning

Mix rice, ground meat, onion, pepper and seasonings. Left-over vegetables or vegetable soup may be used. Moisten with soup or gravy to make a thick mixture. Chill. Shape. Roll in cracker crumbs, beaten egg, then cracker crumbs. Fry in deep fat or make into patty shapes and saute. Drain. Serve with tomato sauce or meat gravy. Yield: Six 2-inch rounds.



RED RICE STUFFED PEPPERS

- 6 green peppers
- 2 cups cooked Comet Rice
- 4 tomatoes, chopped
- Bread crumbs
- 1 small onion, chopped
- 1 tablespoon butter
- Salt and pepper to taste
- 1/2 teaspoon curry powder

Cut off tops and remove centers from peppers; cover with hot water and simmer for 20 minutes. Brown the onion in butter; add the tomatoes and rice and cook about 15 minutes. Add seasonings and remove from the heat. Stuff the peppers with the mixture. Cover the top with bread crumbs and dot with butter. Bake in a moderate oven (350 degrees F.) until crumbs are brown. Serves 6.



RICE RING WITH CHICKEN

- 1 cup Comet Rice
- 3 eggs
- 1 cup cream
- Salt and pepper
- ½ cup grated cheese
- 1 quart creamed chicken or creamed crab

Cook rice. Add to cooked rice the seasoning, beaten eggs, cheese and cream. Bake in a ring mold set in a pan of hot water. Turn from mold onto chop plate. Fill center with creamed mixture. Yield: 6 servings. Temperature: 350 deg. F. Time: 1 hour.



RICE WITH HAM AND GRAVY

Hot rice, broiled ham and gravy with buttered green string beans, is an appetizing, satisfying plate combination.

SPANISH RICE (WITH MEAT)

- 2 cups cooked Comet Rice
- 1 tablespoon fat
- 1 tablespoon chopped onion
- 1 teaspoon salt
- 1 tablespoon butter
- 1 pound steak cut into ½ inch cubes
- 1 cup cooked celery
- 3 teaspoons catsup
- 1½ cups hot water

Brown meat in fat. Combine ingredients. Cook in buttered oven dish. Yield: 6 servings. Temperature: 350 deg. F. Time: 1½ hours.

TEXAS HASH



Rice Under

- | | |
|--------------------------|---------------------------|
| 2 large onions, sliced | ¼ teaspoon pepper |
| 3 tablespoons shortening | 2 green peppers, cut fine |
| 2 cups canned tomatoes | 1 lb. hamburger meat |
| 1 teaspoon chili powder | ½ cup uncooked Comet |
| 1 teaspoon salt | White Rice |

Cook the onions and green peppers slowly in shortening until onions are yellow. Add the ground meat and saute until the mixture falls apart. Add the tomatoes, rice and seasonings. Arrange in a large casserole, cover and bake in a moderately hot oven (375 degrees F.) for 45 minutes, or until done. Serves 8.



ARMENIAN RICE

- 1 cup uncooked
Comet Rice
4 cups water, milk or
stock
Dash of cayenne
¼ cup shortening
½ teaspoon salt

Put rice in strainer. Place over bowl of water. Rub rice between hands; lift strainer from bowl and change water. Repeat three or four times until water is clear. Drain. Melt shortening in skillet. When hot, add rice and saute until golden brown, stirring constantly. Turn rice into greased baking dish. Add salt, cayenne, and liquid. Cover and bake in a moderate oven (350 degrees F.) for 30 minutes, or until done. This is delicious served with chicken or left-over meat. Serves 8.



Five Flags



FRENCH RICE

1 cup Comet White Rice
1 large onion, sliced
2 green peppers,
chopped
2½ cups stock or water

¼ teaspoon pepper
2 tablespoons butter
½ cup tomatoes or
3 fresh tomatoes
1 teaspoon salt

Cook the onion and the peppers from which the seeds have been removed in the butter for five minutes. Add the rice and stir until it begins to turn color, then add the tomatoes, seasonings and stock. Simmer without stirring for one hour. Yield: 6 servings, ½ cup.



SPANISH RICE

3 cups cooked Comet Rice
1 onion
3 slices bacon
Salt and pepper to taste
2 cups tomatoes

Cook bacon and onion until brown. Add rice, salt, pepper and tomatoes. Mix thoroughly. Cook in frying pan thirty minutes or longer, or place in baking dish. Cover with buttered crumbs and brown in a moderate oven. Yield: 6 servings. Temperature: 350 deg. F. Time: 30 min.

RICE BRAZILIAN



1 cup uncooked Comet
White Rice
2 tablespoons fat

1 medium onion, sliced
2 cups canned tomatoes
2 teaspoons chili powder

Brown the sliced onion in the fat. Add the rice and stir until slightly brown. Add the chili powder, then the heated tomatoes. Cover and cook slowly for about an hour or until the rice is very tender. Add hot water when needed. Serves 6.

CASSEROLE OF CHICKEN AND RICE

1 cup Comet Rice	1 cup blanched almonds
1 tablespoon butter	2 cups rich milk
3 pounds chicken	2 tablespoons flour
1 cup canned or cooked mushrooms	
1 small can pimientos	

Dice cooked chicken. Cook rice. Make white sauce of butter, milk and flour. Add chicken to white sauce. Season. Moisten rice with chicken broth. Arrange in layers in buttered oven dish rice, then chicken, mushrooms, almonds and pimientos. Cover with layer of rice. Dot with butter. Bake. Yield: 8 servings — 1 cup. Temperature: 350 deg. F. Time: 1 hour.

CHICKEN CREOLE WITH RICE

2 cups Comet Rice	Seasoning
2 pounds chicken	1 green pepper
2 tablespoons fat	1 onion
1 No. 2 can or 1 pound fresh tomatoes	

Cook rice in salted water. Drain. Dry. Keep hot. Quarter the chicken. Fry the chicken until browned. Brown tomato pulp in fat. Add chopped onion and pepper. Cook until browned, not burned. Add tomatoes and seasoning. Cook until blended. Pour over fried chicken. Cover and cook slowly until chicken is tender. Serve on hot rice. Yield: 4 servings. Temperature: Simmer. Time: 1 hour.

CURRIED CRABMEAT

2 cups hot cooked Comet Rice	
1½ teaspoons minced onion	3 tablespoons butter
1 tablespoon curry powder	3 tablespoons flour
1½ cups canned crabmeat	¾ teaspoon salt
1 tablespoon lemon juice	1½ cups chicken stock

Cook minced onion with butter for three minutes. Then add the flour, salt and curry powder, and stir until smooth. Next add the chicken stock and cook until thickened. Add canned crabmeat from which bones have been removed and the lemon juice. Heat and serve with hot rice. Chicken bouillon cubes or canned chicken broth may be used as the stock. Yield: 8 servings.



MEATLESS RICE ROAST

2 cups cooked Come! White or Brown Rice
2 cups ground whole wheat toast
1 cup ground nuts (pecans or peanuts)
4 tablespoons chopped pimiento
¼ teaspoon sage
2 tablespoons ground onion
2 tablespoons ground green pepper
2 cups canned tomatoes
4 beaten eggs
1 teaspoon salt

Mix ingredients thoroughly; form into a loaf and bake for one hour in a moderate oven (350 degrees F.). Serve hot with this sauce:

1½ tablespoons fat	3 tablespoons flour
1 tablespoon ground onion	1 cup tomato juice

Melt the fat, add the onion, and cook gently for a few seconds. Then stir in the flour and continue stirring until the mixture is well browned. Pour in the tomato juice, cook until thick, and season with salt and pepper. Serves 8.

RISOTTO

Cook one cup of Comet White Rice in salted boiling water or meal broth until done. Drain and serve with the following sauce. Sprinkle with Parmesan cheese.

Sauce

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| 1 clove garlic | 1 No. 2 can tomatoes |
| 2 teaspoons celery salt | 1 teaspoon sugar |
| 1 teaspoon cinnamon | $\frac{1}{4}$ teaspoon cloves |
| 1 teaspoon ginger | 1 large onion, chopped |
| 1 tablespoon butter | $1\frac{1}{2}$ tablespoons flour |
| 1 cup canned mushrooms | Dash cayenne |
| 1 cup chopped chicken livers, cooked or canned | |
| 1 cup beef stock or canned bouillon | |

Peel garlic clove and mash in a large saucepan. Add tomatoes, celery salt, sugar, spices, onion and cayenne. Simmer for 30 minutes. Add beef stock or bouillon. In another saucepan melt the butter and blend in the flour. Add the chicken livers and mushrooms. Add to the tomato mixture and simmer 15 minutes. Pour over a mound of the rice or fill the center of a rice ring. Serves 6.

RICE CASSEROLE OF VEGETABLES

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| 1 cup Comet White Rice | |
| 1 small turnip, cubed | 1 teaspoon salt |
| 1 cup canned peas | $\frac{1}{8}$ teaspoon pepper |
| 1 cup canned tomatoes | $\frac{1}{8}$ teaspoon allspice |
| 1 onion, sliced | 4 cups brown stock |
| 4 medium-sized potatoes, thinly sliced | |

Put ingredients, except stock, in alternate layers in casserole, pour on stock, cover, and cook until rice is tender, in slow oven. Yield: 8 servings—1 cup. Temperature: 350 deg. F. Time: 3 hours.

SWISS STEAK WITH RICE

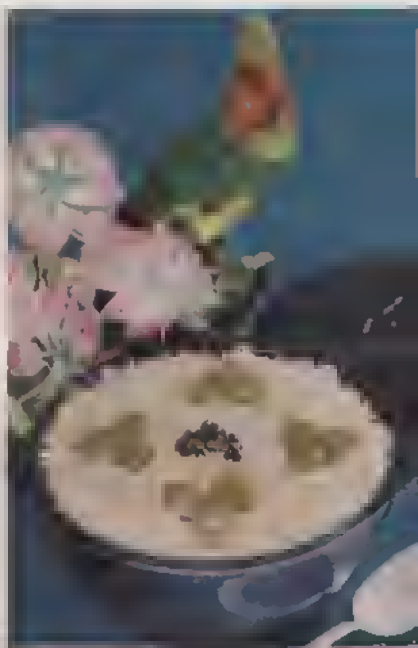
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| 1 cup Comet White Rice | Dash pepper |
| 1 cup flour | 6 onions |
| 2 teaspoons salt | $\frac{1}{4}$ cup lard |
| 1 bay leaf | 1 clove garlic |
| 1 pint tomato juice or can of pulp | |
| 1 pint cooked green string beans | |
| 2 pounds round steak cut 2 inches thick | |

Rub the seasoning into the meat. Dredge with flour and pound thoroughly. Turn the meat, add flour

and pound until all the flour is used. Brown the sliced onions in the lard. Remove from pan. Brown the meat in the same pan. Place the meat in a roasting pan. Cover with the onions. Add the seasonings, add water to cover the meat. Bake covered in a moderate oven two hours. Cover the meat with the rice, and then pour over it the tomato juice or tomato pulp. Cover and continue baking one hour. Serve on a large platter garnished with green string beans. Yield: 6 servings. Temperature: 350 deg. F.

SHEPHERD CHICKEN PIE

Boil a fat fowl until tender (about 3 hours) putting in with it a cut-up stalk of celery and one onion. Lightly broil thin slices of boiled ham. Line a glass baking dish with the ham. Bone and cut up the boiled chicken, omitting the skin, and put into the baking dish. Fill in between with cooked Comet Rice. Pour over this some of the chicken stock thickened with flour and butter. Salt and pepper, and cover the top thick with the cooked rice. Sprinkle with melted butter and bake in a hot oven for 45 minutes, or until lightly browned. Serves 4.



NORFOLK OYSTERS

- 1½ cups hot cooked Comet Rice
- 1 cup white sauce
- 1 cup buttered cracker crumbs
- 1 pint oysters
- Butter, salt, pepper

Cover bottom of buttered oven dish with one half of the rice, cover with one half of the oysters, pour over sauce, dot with butter and sprinkle with pepper and salt. Repeat with rest of ingredients. Cover with crumbs and bake in a hot oven. One may use grated cheese with crumbs on top. Yield: 6 servings — ¾ cup. Temperature: 400 deg. F. Time: 30 minutes.



KEDGEREE

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|-------------------------------|------------------------|
| 2 cups cooked Comet Rice | 2 cups cold flaked cod |
| 4 hard boiled eggs, chopped | ½ cup cream |
| 3 tablespoons chopped parsley | Salt and pepper |

Combine ingredients and thoroughly heat in a double boiler or in the oven in a buttered oven dish. Yield: 6 servings — ½ cup.



CHICKEN RICE DINNER

- 1 cup uncooked Comet White Rice
- 5 pounds chicken
- 2 carrots
- 2 onions
- 1 pint tomatoes or stock
- ½ teaspoon white pepper
- 1 teaspoon salt

Cut up the fowl in pieces suitable for serving, cover with boiling water. Add rice, salt, pepper, chopped carrots, onions and tomatoes. Simmer on top of stove, in oven, or in fireless cooker pot according to convenience of the cook. If fowl is tender, this dinner should be ready to serve in two hours. In a fireless cooker, add carrots and rice just one-half hour before serving. (Note: 1 can mushrooms may be used in place of carrots.) Yield: 8 servings — 1 cup. Temperature: 350 deg. F. Time: 2 to 3 hours.



CHICKEN AND RICE SALAD

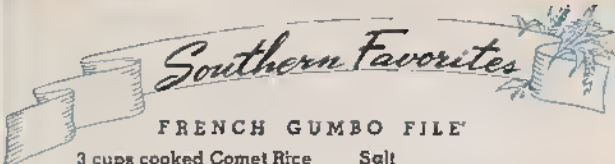
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| 2 cups cold cooked Comet Rice | $\frac{1}{4}$ teaspoon pepper |
| 1 cup cooked chicken | $\frac{1}{4}$ cup salad dressing |
| $\frac{1}{4}$ teaspoon paprika | Lettuce |
| 1 teaspoon salt | $\frac{1}{2}$ cup chicken broth |

Combine all ingredients except lettuce. Blend thoroughly. Chill. Serve in lettuce cups. Garnish with slices of tomatoes. Yield: 8 servings.

SHRIMP AND RICE SALAD

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| 2 cups cooked Comet Rice | $\frac{1}{2}$ cup celery, diced |
| 2 cups shrimps | Lettuce |
| $\frac{1}{2}$ cup French dressing | Russian dressing |

Marinate rice with French dressing, add shrimps and chill. Mix in the celery and serve in lettuce with Russian dressing. Garnish with rings of green pepper, olives, celery curls and sliced tomatoes. (Note: Salmon, crab, or lobster may be used in place of the shrimp.) Yield: 6 servings — $\frac{3}{4}$ cup.




Southern Favorites

FRENCH GUMBO FILE'

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|-----------------------------------|--------------------------|
| 3 cups cooked Comet Rice | Salt |
| 1 dozen oysters | 2 large tablespoons lard |
| 1 slice boiled ham | 1 large onion |
| 2 tablespoons flour | 1 teaspoon gumbo file' |
| 1/2 hen (cut into small portions) | |

When the lard has melted and is hot, drop into the lard the flour and allow to brown. When the flour, or roux, is brown, place therein the half hen and allow to fry thoroughly. Then cut one onion very fine and place in pot; allow to fry until yellow, being sure it does not burn in the least degree. Fill the pot with water. Scald the oysters and add with the oyster water when the gumbo begins to boil. Cut the ham into small pieces and add with the oysters. Allow to cook for about two hours, then remove from the fire and put into this one teaspoon of gumbo file', stirring while allowing the gumbo to flow into the pot. It is very important that good gumbo file' (which is a powder made from sassafras leaves) be secured. The best place to secure same is at the old French market in New Orleans and Spanish shops in other cities. Season to taste. Place a generous serving of rice into each soup bowl. Pour over it the gumbo file and serve hot. Yield: 6 servings. (Note: Some cooks prefer not to add the oysters until the last fifteen minutes of cooking.)



RICE PILAU

- 3/4 cup uncooked Comet White Rice
- 2 thick slices of salt pork, finely diced
- 3 cups hot water
- 2 medium sized onions, cut fine
- 2 cups tomato juice and pulp
- 4 tablespoons minced parsley
- Salt, pepper and paprika

Fry the salt pork until it is slightly browned. Then add the rice and stir until the rice is a golden brown, adding the onion meantime. Add the hot water gradu-

ally, cover and cook. When the rice is tender, add the remaining ingredients. Place the mixture in greased baking dish and bake in a moderate oven. Yield: 6 servings. Temperature: 350 deg. F. Time: ½ hour.

RICE AND PEAS "HOPPING JOHN"

1 cup Comet Rice
2 tablespoons butter
2 cups dried peas (soaked overnight)
¼ pound of seasoning meat or pork
Salt and pepper

Cook peas, being careful to keep them whole in the cooking, using the piece of meat to season. When done, have only a small quantity of liquor left in them. Cook rice as you would in recipe for dry rice or use left-over rice. Mix rice and peas together, season with salt, pepper and butter, serve with bread and butter. This is a good and nourishing dish. Yield: 6 servings. (Note: Fresh green peas may be used with or without the meat; may add two chopped onions browned in oil until tender.)

RICE STUFFING FOR MEAT, FISH OR FOWL

2 cups cooked Comet Rice
2 tablespoons chopped onion
1 teaspoon chopped parsley
2 teaspoons Worcestershire sauce
Salt and pepper
1 cup diced celery
2 tablespoons fat

May add a choice of: 2 eggs, hard cooked and chopped, or ½ pound sausage with ½ teaspoon sage, or 3 tablespoons chopped cooked bacon or salt pork with ¼ cup catsup or ½ pint oysters or ½ cup mushrooms, cleaned and browned in butter. Brown the cleaned, chopped onion and cleaned, diced celery in the fat. Combine all the ingredients and blend thoroughly. One cup of bread crumbs moistened with one cup of milk may be used with this recipe. Yield: 3 cups.





RICE HAWAIIAN

2 cups cooked Comet Rice	$\frac{1}{2}$ teaspoon salt
3 slices pineapple, cubed	1 cup whipping cream
$\frac{1}{2}$ cup powdered sugar	

Mix the pineapple with the rice and salt, and just before serving fold in the sweetened whipped cream. Pile into sherbet glasses, chill and garnish with a Maraschino cherry when ready to serve. Serves 8.



CHOCOLATE RICE PUDDING

2 cups cooked Comet Rice	4 tablespoons cocoa
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
2 cups milk	$\frac{1}{2}$ teaspoon vanilla

Heat the milk in a double boiler, add the rice, and cocoa, mixed with the sugar and salt. Cook until thick. Add the vanilla. Serve cold with cream or custard sauce. Yield: 6 servings — $\frac{1}{2}$ cup.

BUTTERSCOTCH RICE PUDDING

- ½ cup Comet Rice
- ½ cup cold water
- 3 cups milk
- 1 tablespoon plain gelatin
- 2 tablespoons butter
- 1 cup brown sugar
- ¼ teaspoon salt

Cook rice until nearly tender in a double boiler with two cups milk, scalded, and salt. Meanwhile cook together in a shallow pan brown sugar and butter until it becomes very dark brown but not burnt. Add this to the rice and milk and finish cooking until rice is tender and caramel melted. Pour cold water in bowl, sprinkle gelatin on top of water, add one cup hot milk and stir until dissolved. Add gelatin to hot rice mixture and turn into mold that has been rinsed in cold water and chill. When firm, unmold and serve plain or with whipped cream or a fruit sauce. Yield: 6 servings — ¾ cup.



SOUTHERN RICE PUDDING

- 2 cups cooked Comet Rice
- 1 quart milk
- 3 eggs, well beaten
- 6 tablespoons brown sugar
- 1 teaspoon salt
- Dusting of nutmeg or
- 1 teaspoon vanilla



Combine all ingredients. Pour into buttered baking dish and bake at 375 degrees F. about 35 minutes. Yield: 6 servings. (Note: 1 cup seedless raisins adds flavor and food value.)



RICE BAVARIAN CREAM

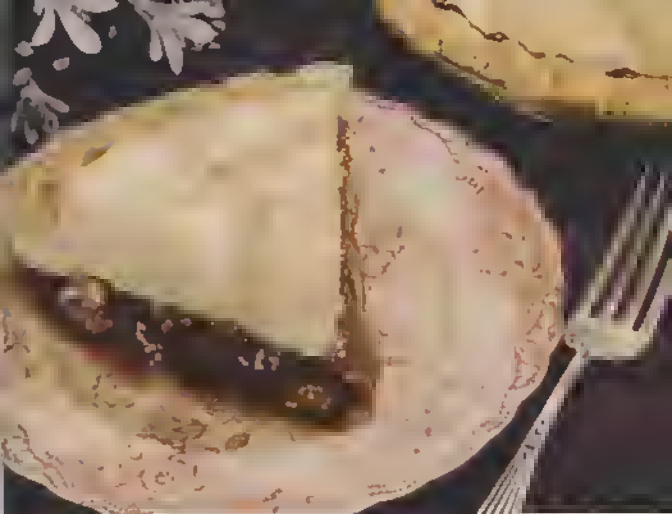
- 1 cup cooked Comet Rice
- 1 tablespoon gelatin
- $\frac{1}{2}$ cup cold water
- $\frac{1}{4}$ teaspoon salt
- 1 cup of cream or evaporated milk (whipped)
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup sugar

Pour cold water in bowl and sprinkle gelatin on top of water. Place bowl in boiling water and stir until dissolved. Add to hot cooked rice, sugar, salt, and vanilla. Boil well, cool and when it begins to thicken, fold in whipped cream or whipped evaporated milk. Turn into mold that has been rinsed in cold water or pile in serving glasses. Chill, and when firm unmold and serve with a fruit or chocolate sauce. Yield: 6 servings.



FRUIT RICE BAVARIAN

Whip into Rice Bavarian one-half cup cooked pineapple, canned apricots, maraschino cherries, fresh or canned peaches, strawberries, or cooked apples. Bananas or preserved figs with one tablespoon lemon juice may also be combined with the rice mixture. Garnish rice mold with the fruit or a few nut meats. With fresh fruit additional sugar will be required. All fruit should be cut into small portions or mashed. Yield: 8 servings.



PUDDIN 'N PIE

- 4 egg yolks
- 2 egg whites
- 1 cup sugar
- 1 cup milk
- 1 cup cooked Comet Rice,
White or Brown
- 1 tablespoon flour
- 1 cup cooked mashed prunes
- 2 tablespoons butter, melted
- ½ cup nuts
- 1 teaspoon vanilla
- 1 ten-inch unbaked pie shell

Beat egg yolks and 2 whites (2 whites are reserved for meringue). Stir in the sugar, then milk; add rice combined with prunes, add butter, nuts, flour, and vanilla and pour in an unbaked pie shell. Cook at 450 degrees for 10 minutes—then reduce temperature to 350 degrees and cook 20 minutes longer. Cover with meringue made of 2 egg whites and 4 tablespoons of sugar. Return to oven and bake 25 minutes at 325 degrees F. Serves 6-8.

HELPFUL RICE USES AND COOKING HINTS

1. Prepare enough rice at one cooking for a number of meals. It keeps perfectly in the refrigerator.
2. To reheat rice, place it in a colander and pour hot water through it several times; then place it in a covered kettle over a low heat for about five minutes.
3. Serve boiled rice in a hot ovenware casserole and it will stay hot during the whole meal.
4. Add rice to left-over vegetables and serve cold with mayonnaise as a salad.
5. The water left from boiled rice cooked down makes an excellent foundation for all types of soups and sauces. It contains many of the vitamins and minerals of the rice itself. Remember it is already well salted. In warm weather keep it in the refrigerator to avoid souring.
6. Rice is an excellent extender for left-over meats, fowl, or one-dish meals. See pages 9, 13, 15 and 23 for several ways to utilize left-over chicken, beef, veal, lamb and pork.
7. Serve colored rice with your festive dishes. Add six to ten drops of vegetable food coloring to the water in which you cook your rice. It will delicately color the rice any tone selected.
8. Because rice starch is so easily digested and thoroughly assimilated, rice water is often used in infant feeding as part of the milk formula.
9. Water drained from boiled rice is excellent for starching fine fabrics and laces.
10. The steaming method for cooking rice is preferable from a nutritional and health standpoint, because it preserves more of the vitamins and minerals of the rice.

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